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ABSTRACT

This unit, one in a series of packets of teacher and student materials for cooperative occupational education (COE) designed for special needs students, is intended to stimulate students' thinking about setting realistic career goals. Each unit will probably require more than a single period of instruction. Instructor materials include performance objectives (unit and specific objectives), suggested activities for teacher and students, supplemental activities, a list of instructional materials included in the unit and additional references, information topic sheets and transparency masters. Contents of the package of student materials are unit objectives, information topic sheets (one sheet for each topic covered in the unit), and assignment sheets for each information topic. This unit provides material on one information topic: matching oneself to an occupation. (YLB)

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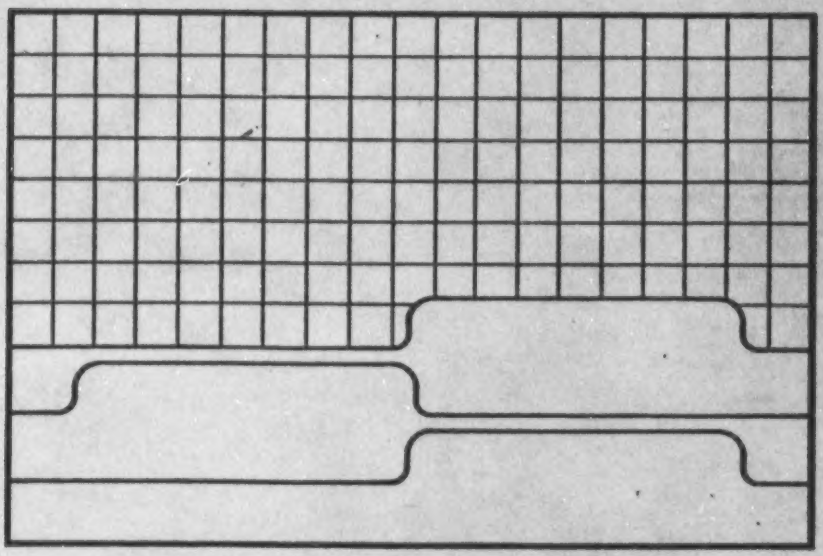
Cooperative Occupational Education

Instructor Material

and Student Material

Unit 6
Matching Yourself to Suitable Occupations



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INSTRUCTOR

COURSE TITLE - COOPERATIVE OCCUPATIONAL EDUCATION

SECTION B - DEVELOPING GOALS FOR WORK

UNIT 6: MATCHING YOURSELF TO SUITABLE OCCUPATIONS

UNIT OBJECTIVES

This unit will stimulate students' thinking about setting realistic career goals. Students will research occupations they are interested in and match them to their personal characteristics to determine the occupations at which they would be likely to succeed.

SPECIFIC OBJECTIVES

1. Identify, through research, three occupations that match your personal characteristics.

MATCHING YOURSELF TO SUITABLE OCCUPATIONS

UNIT 6

SUGGESTED ACTIVITIES

I. Instructor

A. Discuss objective.

B. Discuss Information Topic (IT 6-1).

C. Review Assignment Sheets (AS 6-1, AS 6-2).

II. Student

A. Read and discuss unit objective.

B. Read and discuss Information Topic.

C. Complete Assignment Sheets.

D. Review and discuss Assignment Sheets.

INSTRUCTIONAL MATERIALS

I. Included in this unit

A. Objective Sheet

B. Information Topic Sheet

1. IT 6-1: Matching Yourself to an Occupation

C. Assignment Sheets

1. AS 6-1: Your Occupation Worksheet

2. AS 6-2: Worksheet - Scoring for You

II. References

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H. Dictionary of Occupational Titles. 4th ed. U.S. Department of Labor, 1977; 4th ed. Supplement, 1982.

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J. U.S. Department of Commerce, Bureau of the Census. 1970 Census of Population: Classified Index of Industries and Occupations. Washington, DC: U.S. Department of Commerce.

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L. Woodin, R. J. Succeeding On Your First Job: Choosing Your Work. Columbus, OH: Ohio State University, 1977.

M. Manpower. Washington, DC: U.S. Department of Labor, Manpower Administration, U.S. Government Printing Office.

N. Occupational Guide Indexes. Sacramento, CA: Department of Human Resources Development. (free briefs)

O. Finding and Getting a Job. Chicago: Society for Visual Education, Inc., 1974. (filmstrip)

MATCHING YOURSELF TO SUITABLE OCCUPATIONS

UNIT 6

I. Matching Yourself to an Occupation

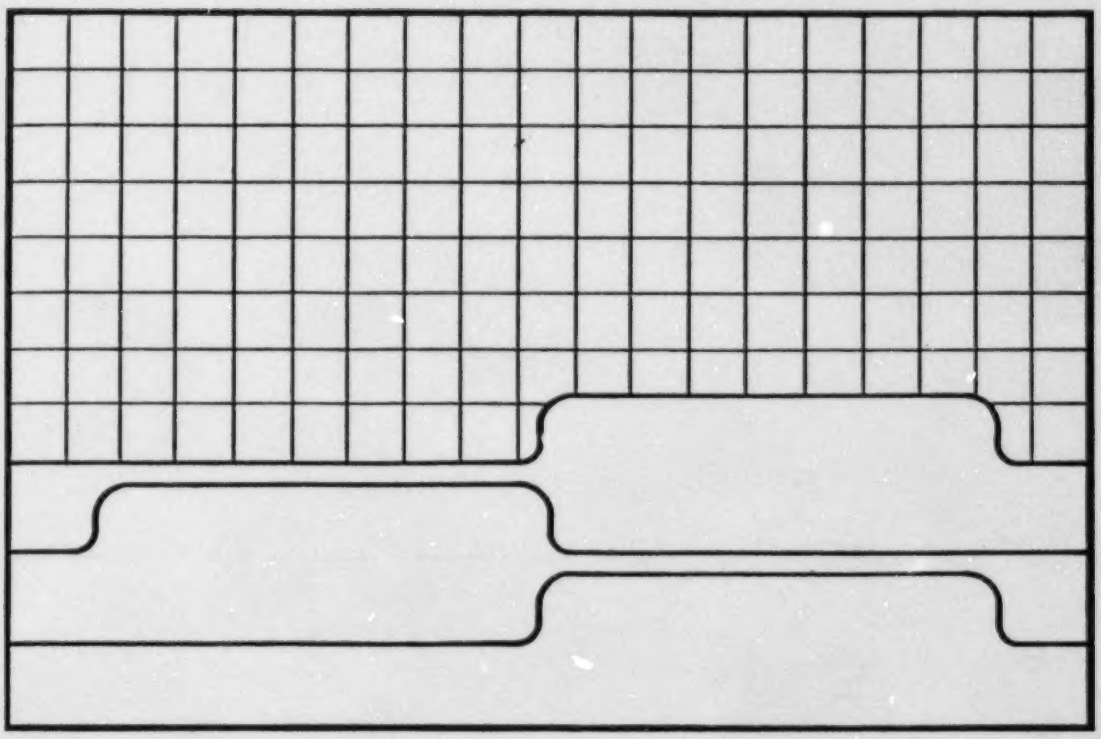
A. Make arrangements with the school library, counseling office and/or career center for students' visits to research occupational information.

B. Occupational information that was solicited from various sources in Unit 5 should be available in the classroom.

C. Have students prepare a bulletin board keyed to this unit. Some examples would be pictures symbolizing various interests, aptitudes, personality traits., etc., which could be mounted on the bulletin board. Students could find pictures of occupations that match and arrange them accordingly.

Cooperative Occupational Education
student material

Unit 6
Matching Yourself to Suitable Occupations



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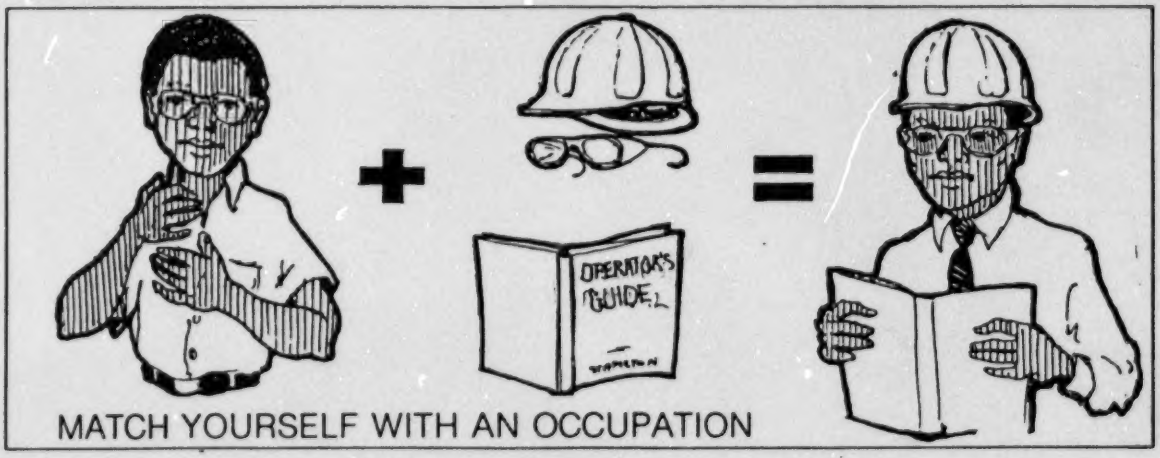
OBJECTIVES

Matching Yourself to Suitable Occupations

After completing this unit, you will be able to:

- Identify and research three occupations that match your personal characteristics.



MATCH YOURSELF WITH AN OCCUPATION

Introduction

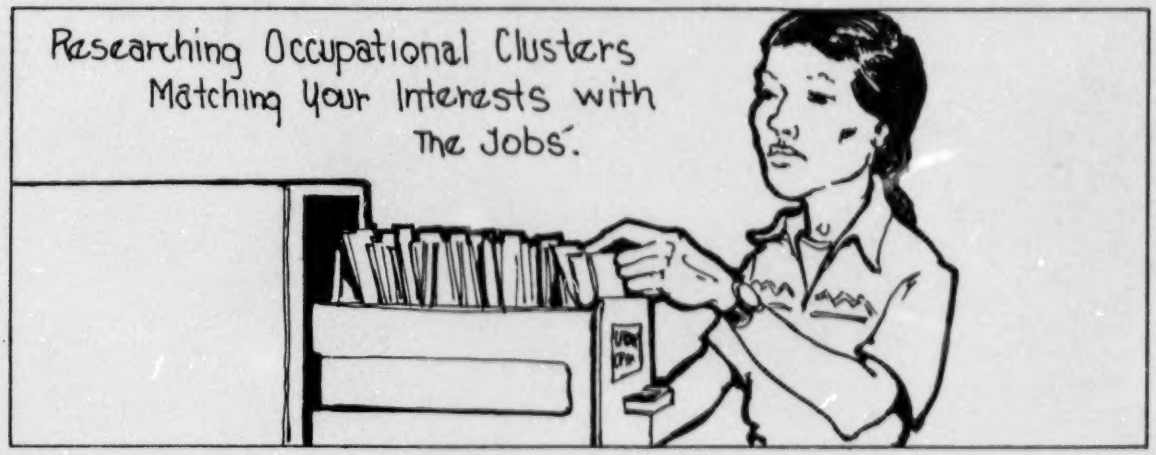
This unit will enable you to use information that you acquired about yourself in Unit 4 and about occupations in Unit 5 to match yourself and occupations you have an interest in. This unit also explains why you should consider personal characteristics when making career choices.

IT 6-1

What You Should Know About **Matching Yourself to an Occupation**

The information in this unit can help you take the last step in setting career goals for yourself.

You are going to begin researching occupations to find information that will help you decide if the occupations you select will be suitable for you.



Information from Units 4 and 5 gives you some clues about which occupations to research. Think of what you have learned about yourself in Unit 4 and information you have learned about job clusters in Unit 5. Use this information to decide which occupations to research.

Worksheets are provided to make your task easier and will let you see how the occupation you select matches you.

AS 6-1

Worksheet
Matching Yourself to an Occupation

Complete this worksheet for the occupation you choose to research. Use the information in Unit 4 to complete the section about YOU. You must research the occupation you chose to complete the second section.

Occupation _____ Name _____
Cluster _____ Date _____

YOU	OCCUPATION
A. Lifestyle-How You Wish to Live 1. _____ 2. _____ 3. _____ 4. _____ 5. _____	A. Wages 1. _____ 2. _____ 3. _____ 4. _____ 5. _____
B. Values-What's Important to You 1. _____ 2. _____ 3. _____ 4. _____ 5. _____	B. Values-What's Important for Success 1. _____ 2. _____ 3. _____ 4. _____ 5. _____
C. Things You Like to Do (Interests) 1. _____ 2. _____ 3. _____ 4. _____ 5. _____	C. What You Like About this Occupation 1. _____ 2. _____ 3. _____ 4. _____ 5. _____
D. Things You Don't Like to Do 1. _____ 2. _____ 3. _____ 4. _____ 5. _____	D. What You Don't Like About This Occupation 1. _____ 2. _____ 3. _____ 4. _____ 5. _____

YOU	OCCUPATION
E. Aptitudes (Physical & Mental) 1. _____ 2. _____ 3. _____ 4. _____ 5. _____	E. Aptitudes Needed (Physical & Mental) 1. _____ 2. _____ 3. _____ 4. _____ 5. _____
F. You Would Rather Work With: (Check One) 1. ☐ Data 2. ☐ People 3. ☐ Things	F. Occupation Requires You to Work Mostly With: (Check One) 1. ☐ Data 2. ☐ People 3. ☐ Things
G. Your Strongest Personality Traits 1. _____ 2. _____ 3. _____ 4. _____ 5. _____	G. Personality Traits Needed for this Occupation 1. _____ 2. _____ 3. _____ 4. _____ 5. _____
H. Your Educational or Training Goals (Check Box or Boxes) 1. ☐ High School 2. ☐ Tech. School 3. ☐ College 4. ☐ Other	H. Education Required (Check Box or Boxes) 1. ☐ High School 2. ☐ Tech. School 3. ☐ College 4. ☐ Other
I. Goals for Progress in Your Work 1. _____ 2. _____ 3. _____	I. Does this Occupation Provide the Opportunity to Meet Your Work Goals? 1. ☐ Yes 2. ☐ No

Worksheet - Scoring for You
Matching Yourself to an Occupation

Use this scoresheet to see how well you and the occupation match.

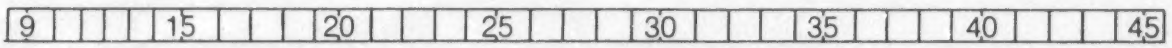
Occupation _____ Name _____
Cluster _____ Date _____

	CHECK ONE		
	POOR	GOOD	EXCELLENT
A. The wages paid in the occupation will allow you to live the lifestyle you want.			
B. The values required by the occupation are the same as your own.			
C. The things you like about the occupation are things you like to do.			
D. The things you don't like about the occupation are things you don't like to do.			
E. The aptitudes required by the occupation match yours.			
F. The occupation's requirements for working with data, people, or things, match your preference.			
G. The personality traits required match yours.			
H. The education or training required matches your goal.			
I. The opportunities offered satisfy your goals.			
Total Check Marks			
Score			
Total Score			

FIGURE YOUR SCORE ON THE NEXT PAGE

SCORING

1. Count the number of check marks in the POOR column and enter the total in the space provided. Do the same for the columns marked GOOD and EXCELLENT.
2. Multiply the total number of checks for POOR by 1 and enter that number in the space provided next to Score.
3. Multiply the total number of checks for GOOD by 3 and enter that number in the space provided.
4. Multiply the total number of checks for EXCELLENT by 5 and enter that number in the space provided.
5. Add your scores for POOR, GOOD, and EXCELLENT together and enter the total in the box.
6. Compare your score to the number line below. Put an X where your score is located on the line.



7. The closer your score is to the lower end of the scale (9) the less likely you are to be successful at this occupation.
8. The closer your score is to the higher end of the scale (45) the more likely you are to be successful at this occupation.
9. If you still feel you would like to work in this occupation and you have a low score then you will have to make changes to make the POOR scores GOOD or EXCELLENT.

A. Write your score for this occupation. ☐

B. Which of the following does your score indicate? Check one.

_____ Likely to succeed _____ Not likely to succeed

C. If your score indicates you would not be likely to succeed in this occupation but you feel you would still like a career in this area, what changes are you willing to make? List them.

_____

_____

_____

_____